



*Friendship Heights*

# VILLAGE NEWS

APRIL 2009

301-656-2797

VOLUME 23, NO. 11



**Art in the Park**

see page 2

## Celebrate Cinco de Mayo at a ballgame!



Come cheer on the Nationals when they play the Houston Astros on **Tuesday, May 5**, at Nationals Stadium.

What better way to spend an afternoon in the spring than with a beer and a hot dog – maybe with some Mexican chili on it – at the ballpark? Please join us for a great time.

We'll depart the Village Center at 11:15 a.m. and return by 4:30 p.m. The cost of the

trip is \$45, which includes transportation, greatly discounted seats in section 237 (under cover and a short walk from the entrance), and driver gratuity. Residents and one guest may sign up immediately; non-residents may sign up April 14. There are 24 tickets available. Go Nats!



## Children's Art Camp — right here in the Village

Summer's coming! Make the most of your child's free time this summer. Treat him or her to a week of fun and creativity during our Summer Art Camp **Monday, July 20 through Friday, July 24**. Children ages 5 to 10 will learn painting, print making, Chinese brush, collage, and sculpture from some of the area's finest teachers. In addition to art instruction, children will also learn songs and stories. The camp takes place from 9:30 to 2 daily at the Village Center. The cost is \$225. Sign up immediately at the Village Center to ensure a space — this camp will fill up quickly. Children must have completed kindergarten to attend and be able to attend camp without their parents. Children should bring their own lunches. Please call 301-656-2797 for more information. Don't miss this great opportunity to let your child's creativity shine.

## Celebrating the Center of our Community

Join your friends, family and neighbors as Friendship Heights celebrates Community Day on **Monday, April 13, from 6:30 to 8 p.m.** at the Village Center.

During this year's celebration of the anniversary of the opening of the Village Center, we'll feast on delicious barbeque, listen to great music, and recognize some of our outstanding volunteers. Famous Dave's will provide three different types of delicious barbeque – including chicken and beef – with all the fixin's. In addition, the Greg Harrison Band will entertain us with some New Orleans Swing, and we'll pay tribute to three extraordinary volunteers from the Friendship Heights Urban Network (FHUN).

Each year, Friendship Heights recognizes the anniversary of the much-anticipated official opening of the Village Center 23 years ago. After 10 years of planning, red tape and the efforts of dozens of individuals, the award-winning Village Center opened its doors on April 13, 1986.

Since its opening, it has become a place where everyone from the various buildings can come together for lectures, concerts, movies, classes, teas and other special events. It is truly a source of pride in the community.

Seniors will also have the opportunity to purchase Metro Senior SmarTrip Cards at this event.

**Political expert Ann Lewis, page 4**

# CHILDREN'S PROGRAMS

## Art in the Park: Spring Artisan Fair

Bring the whole family to the Village Center to see artisans at work during our spring artisan fair, Art in the Park, in Hubert Humphrey Park **Saturday, May 9 from 10 a.m. to 2 p.m.** You'll also have the chance to purchase many of these beautiful hand-crafted items. You may just find the perfect gift for Mom.

During this springtime show, some of the area's best artisans will be on hand to demonstrate how they create these unique works of art. Children can also try their hands at several kid-friendly art projects. In the event of inclement weather, the show will be moved into the Village Center. Admission is free. Crafts are available on a limited basis.

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## Friendship Heights VILLAGE NEWS

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**Email: info@friendshipheightsmd.gov**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the May issue is April 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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\*Valid for parties of 4 or less. Coupon does not include alcohol, tax or tip. Not valid official holidays, Valentine's Day, Memorial Day, Labor Day.

# ON the GO...

## Maryland, Virginia and a little bit of France

Our springtime excursion takes us over the river into Virginia to experience a little bit of France, then onto the river to visit Maryland's newest attraction.

On **Tuesday, May 12**, we'll travel to Alexandria for an authentic country French luncheon at Le Refuge, then board a water taxi to the spectacular new National Harbor, just across the Potomac River.

Our day begins with a three-course luncheon at the venerable Le Refuge in Old Town Alexandria. For starters, choose among the soup du jour, house salad or Caesar salad. Next enjoy Chicken Breast Dijonnaise, fresh calf liver with onions or fresh Rainbow Trout Almondine. Finish this delicious luncheon with crème caramel or chocolate mousse cake. Coffee or an iced non-alcoholic beverage is also included.

Next we'll take a half-hour water taxi ride to National Harbor. This leisurely trip is a wonderful way to arrive

*Continued On Page 4*

## Experience the remarkable Bolshoi Ballet

Join us **Sunday, June 21**, to see the Bolshoi's *Le Corsaire* at the Kennedy Center, the only place in North America where you can see this magnificent production.

Moscow's great company dances the story of a young Greek girl and a dashing pirate. The New York Times wrote in a review of "one scenic masterstroke after another ... the kind of special effects that in recent decades has belonged to film alone."

We will leave the Village Center at 12:30 p.m. and return by 5:30.

The cost of the trip is \$140, which includes a seat in the Orchestra, transportation and driver gratuity.

Children seven and older, accompanied by an adult, are welcome. **The deadline to sign up is May 6.**



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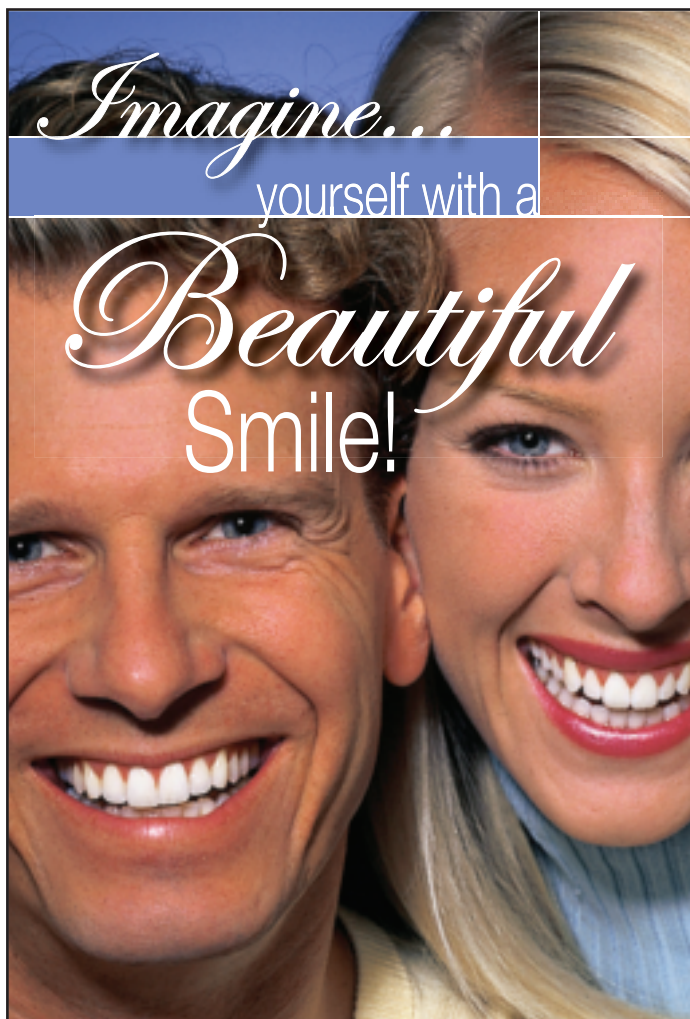
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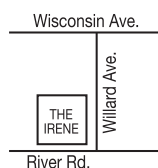
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## The Bamberger Series Presents:

### ***Ann Lewis: The changing presidential campaign***

Political expert Ann Lewis will discuss the story of the 2008 campaign and lessons for the future at the Village Center on **Thursday, May 7, at 7:30 p.m.**

Ms. Lewis was Senior Adviser to the Hillary Clinton presidential campaign. She has been Political Director of the Democratic National Committee, Director of Communications for President Bill Clinton and the Clinton-Gore Re-Election Campaign; and was active in other Democratic presidential campaigns.

In this Bamberger lecture, Ms. Lewis, a Village resident, will discuss the impact of changing media and new technologies on American campaigns; voter contact and fund-raising; and, the re-emergence of person-to-person communication.

Please sign up by calling 301-656-2797.

## The Bamberger Series Presents:

### ***President Obama's first 100 days***

James A. Thurber, University Distinguished Professor of Government, Founder and Director of the Center for Congressional and Presidential Studies (CCPS) at American University and frequent television news analyst, will speak at the Village Center on **Thursday, April 30, at 7 p.m.** In this Bamberger lecture, Dr. Thurber will discuss the accomplishments and challenges of the 44<sup>th</sup> president.

Under Dr. Thurber's direction, CCPS organizes biannually the Campaign Management Institute and the Public Affairs and Advocacy Institute. He was the principal investigator of a seven-year grant from The Pew Charitable Trusts to study campaign conduct. He is the principal investigator of a four-year study of lobbying and ethics for the Committee for Economic Development. He has been on the faculty at American University since 1974 and was honored as the University Scholar/Teacher of the Year in 1996.

Please sign up for this event by calling 301-656-2797.

### ***Maryland, Virginia, continued from page 3***

at our destination. The taxi is covered and climate-controlled. Once there, you can explore the many shops at the 300-acre waterfront complex.

We'll depart from the Village Center at 11 a.m and should return by 6 p.m.

The cost of the trip, which includes round-trip transportation, a three-course luncheon, water taxi ride, and all taxes and gratuities, is \$80.

Residents and one guest may sign up immediately; nonresidents may sign up beginning April 15. There are 29 spaces available.

## Middle East expert to speak at the Center

Aaron David Miller, an adviser to six secretaries of state, will discuss his book, *The Much Too Promised Land: America's Elusive Search for Arab-Israeli Peace*, at the Village Center on **Thursday, April 23, at 7:30 p.m.**

For almost 20 years, Mr. Miller has played a central role in U.S. efforts to broker Arab-Israeli peace. In his new book he provides a candid appraisal of Middle East peace efforts based on his extensive experience and 160 interviews with presidents, advisers and negotiators. He writes that American involvement is imperative and that such engagement is now more vital to our national interests, and to our security, than at any time since the late 1940s.

Mr. Miller has been a Public Policy Fellow at the Woodrow Wilson International Center for Scholars since 2006. For the prior two decades, he served at the Department of State, where he helped formulate U.S. policy on the Middle East and the Arab-Israeli peace process, most recently as the Senior Adviser for Arab-Israeli Negotiations. He also served as the Deputy Special Middle East Coordinator for Arab-Israeli Negotiations, Senior Member of the State Department's Policy Planning Staff, in the Bureau of Intelligence and Research, and in the Office of the Historian. He has received the department's Distinguished, Superior, and Meritorious Honor Awards.

Mr. Miller has appeared on network, cable, public television and radio news broadcasts, the BBC, Al Arabiya, and Al Jazeera. He has been a featured presenter at many universities as well as for the World Economic Forum in Davos and Amman.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

## Post's Tom Ricks to speak at the Center

Thomas E. Ricks, The Washington Post's senior Pentagon correspondent, will discuss his book, *The Gamble: General David Petraeus and the American Adventure in Iraq, 2006-2008*, at the Village Center on **Thursday, April 16, at 7:30 p.m.**

*The Gamble* is based on hundreds of hours of exclusive interviews with top officers in Iraq and on-the-ground reportage that documents the inside story of the Iraq War since General Petraeus took command in Iraq and led what became known as "the surge."

Mr. Ricks was last at the Center in 2006 to discuss his book *Fiasco* in which he described the failure of US strategy in the first few years of the Iraq War. In his new book, Mr. Ricks examines how US goals in Iraq have changed.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

**Wine Tasting\***

April 17<sup>th</sup> 2009, 5-8pm

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# PLAYING on the BIG SCREEN

All movies now begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, April 2, 7 p.m. — *Top Hat*** — Take a stroll down memory lane with this Fred Astaire- Ginger Rogers musical masterpiece. This 1935 classic has everything: a deft and zany mistaken identity ploy, spectacular Art Deco sets, a sparkling cast, and a brilliant score by Irving Berlin. Rated G. Running Time: 97 minutes.

**Thursday, April 9, 7 p.m. — *Marley and Me*** — Owen Wilson and Jennifer Aniston star in this family film based on the best-selling memoir by John Grogan. Grogan was a newspaper columnist who wrote about “the world’s worst dog,” his unruly and destructive Labrador retriever named Marley (played by 22 canines). In the movie, Wilson portrays John Grogan, and

Aniston plays John’s wife Jenny. Alan Arkin portrays John’s curmudgeonly editor, and Kathleen Turner appears as a dog trainer who throws Marley out of obedience school. The film is basically a portrait of the Grogan’s marriage, their three children, and their faithful dog Marley. Rated PG-13. Running Time: 115 minutes.

**Thursday, April 16, 7:30 p.m.** — Book Signing with Tom Ricks — See page 5 for details

**Thursday, April 23, 7:30 p.m.** — Book Signing with Aaron David Miller — See page 5 for details.

**Thursday, April 30, 7 p.m.** — Bamberger Talk with Jim Thurber — See page 4 for details.

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W W W . D R C A S T I E L L O . C O M

## Cafe Muse presents...

This month’s Café Muse, on **Monday, April 6, at 7 p.m.**, presents a reading by poets Barbara Crooker and Rosemary Winslow.

Barbara Crooker is the author of *Line Dance*, *Radiance* and ten chapbooks including *Impressionism*, winner of the Grayson Books Chapbook Competition, and *Ordinary Life*, winner of the Byline Chapbook Competition. Her poems have appeared widely in *The Beloit Poetry Journal*, *The Denver Quarterly*, *Smartish Pace*, and on Garrison Keillor’s *The Writer’s Almanac*.

Rosemary Winslow is the author of *Green Bodies* and three-time winner of the Larry Neal Award for Poetry. Her poems and essays have appeared in *The Southern Review*, *32 Poems*, *Poet Lore*, *Innisfree Poetry Journal*, *The Princeton Encyclopedia of Poetry and Poetics* and numerous other publications.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years.



# ART and CULTURE

## Dolls and quilts on display in the Friendship Gallery

Cloth & Chocolate, a Montgomery County group of quilters, and the G Street Doll Club will exhibit in the Friendship Gallery during the month of April.

The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. These dolls are very sophisticated works of art and all are delightful. Cloth & Chocolate (the name inspired by the two passions of the eight-member group) includes award-winning quilt artists and teachers from the region. The members each bring unique talents and ideas to the group that ranges in age from 39 to 75, but all share a common purpose: to expand the artistic aspects of quilt making. The show



**Top, "Garden Party" by Lee Fertitta, design by Anne Hesse**  
**Bottom, "It's a Glorious Garden" by Marina Baudoin**

runs from April 2 to 29. All are invited to a reception to meet the artists on **Sunday, April 19, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.

## Attention artists!

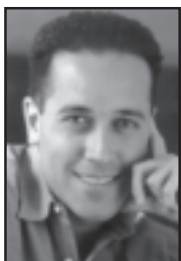
It's not too early to think about entering a painting in the Village's "Three Cheers for the Red, White and Blue!" art show in July. This popular multi-media exhibit is held each year in conjunction with the annual Fourth of July celebration and is open to all artists in the area. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Prizes will be awarded to the top winners. Look for forms at the Village Center after June 1.



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## Resume and Interview Tune-Up Seminar Sunday, April 26, 2009 - 10:30 a.m. to 11:30 a.m. Friendship Heights Village Center

Presented by: Expert resume writer, certified interview consultant, and speaker, Sherry Mirshahi, of Interview Roadmap

You'll learn about:

- the one element you need to stand out on paper and in person
- resume and interview mistakes to avoid
- outdated words and phrases you shouldn't use in your resume
- steps to take (that no one takes) that impress employers
- research tips, industry trends, and MUCH MORE!

Attendees receive a FREE Interview Roadmap CD packed with articles, and tips, and a DISCOUNT on resume and interview services. FREE refreshments and snacks!

Cost: only \$40 - Only 20 spots available! Pay via Paypal.

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Friendship Heights  
Village Center



Calendar  
of Events

2009

| A P R I L  |  |  |  |   |  |   |
|--|--|--|--|---|--|---|
| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|  |  |  | <div>1</div> <div>9:15 a.m.: Fit 4-Ever<br/>10:15 a.m.: Yiddish<br/>11 a.m.: Chair Exercise with Tonya<br/>1 p.m.: Portraiture in Pencil and Pastel<br/>3 p.m.: Chair Yoga<br/>6:30 p.m.: Beginning Spanish<br/><b>7:30 p.m.: Concert:Vocal Arts Society</b></div>   | <div>2</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>11 a.m.: Still Life Painting<br/>11 a.m. – 4 p.m.: Village Playtime<br/>6 p.m.: Scrabble<br/>6:45 p.m.: Acrylic or Oil Painting<br/><b>7 p.m.: Movie: Top Hat</b></div>  | <div>3</div> <div>9:15 a.m.: Drop-in Tai Chi<br/>10:30 a.m.: Coffee and Current Events<br/>1 pm.: Bridge Group</div>   | <div>4</div> <div>8:15 a.m.: Walking Club</div>   |
|  | <div>5</div> <div>9 a.m.: Yoga<br/>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>   | <div>6</div> <div>9:15 a.m.: Fit 4-Ever<br/>10 a.m.: Great Books<br/>1 p.m.: Strength Training with Tonya<br/>10:30 a.m.: Resistance Training For Seniors<br/>1 p.m.: Bridge Group<br/>2:30 p.m.: Drawing and Painting<br/>6:30 p.m.: Spanish 2<br/>7 p.m.: Yoga<br/><b>7 p.m.: Café Muse</b></div>          | <div>7</div> <div><b>9:30 a.m.: Depart for Brandywine Valley</b><br/>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>1 p.m.: Fall Prevention<br/>1 – 2:45 p.m.: Blood Pressure Screening<br/>3 – 4 p.m.: Tea<br/>3 – 5 p.m.: Suburban Nurse Specialist<br/>7 p.m.: Mat Pilates</div>  | <div>8</div> <div>9:15 a.m.: Fit 4-Ever<br/>10:15 a.m.: Yiddish<br/>11 a.m.: Chair Exercise with Tonya<br/>1 p.m.: Portraiture in Pencil and Pastel<br/><b>1 p.m.: Suburban Lecture: Oh, My Aching Back!</b><br/>1 p.m.: Health Insurance Counseling<br/><b>7:30 p.m.: Concert: Mike Gillespie</b></div>      | <div>9</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>11 a.m. – 4 p.m.: Village Playtime<br/>6 p.m.: Scrabble<br/><b>7 p.m.: Movie: Marley and Me</b><br/><b>Passover Begins</b></div>  | <div>10</div> <div>9:15 a.m.: Drop-in Tai Chi<br/>10:30 a.m.: Coffee and Current Events<br/>10:30 a.m.: Strength Training with Cheryl<br/>1 p.m.: Bridge Group</div>  |
| <div>11</div> <div>8:15 a.m.: Walking Club</div> | <div>12</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>   | <div>13</div> <div>9:15 a.m.: Fit 4-Ever<br/>10 a.m.: Great Books<br/><b>6:30 – 8 p.m.: Community Day</b></div>  | <div>14</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>1 p.m.: Fall Prevention<br/>1 – 2:45 p.m.: Blood Pressure Screening<br/>3 – 4 p.m.: Tea<br/>3 – 5 p.m.: Suburban Nurse Specialist<br/>7 p.m.: Open Book Play Readers<br/>7 p.m.: Mat Pilates<br/><b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></div> | <div>15</div> <div>9:15 a.m.: Fit 4-Ever<br/>10:15 a.m.: Yiddish<br/>11 a.m.: Chair Exercise with Tonya<br/>1 p.m.: Portraiture in Pencil and Pastel<br/><b>7:30 p.m.: Concert: Robert Mitchell</b></div>   | <div>16</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>11 a.m.: Still Life Painting<br/>11 a.m. – 4 p.m.: Village Playtime<br/>6 p.m.: Scrabble<br/>6:45 p.m.: Acrylic or Oil Painting<br/><b>7:30 p.m.: Book Signing with Tom Ricks: The Gamble</b></div>                    | <div>17</div> <div>9:15 .m.: Drop-in Tai Chi<br/>10:30 a.m.: Coffee and Current Events<br/>10:30 a.m.: Strength Training with Cheryl<br/>1 pm.: Bridge Group<br/><b>1:30 p.m.: Tea and Talk: Frida Kahlo and Diego Rivera</b></div> |
| <div>18</div> <div>8:15 a.m.: Walking Club</div> | <div>19</div> <div>9 a.m.: Yoga<br/>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers<br/>11:30 a.m.- 1:30 p.m.: Art Reception</div> | <div>20</div> <div>9:15 a.m.: Fit 4-Ever<br/>10 a.m.: Great Books<br/>1 p.m.: Strength Training with Tonya<br/>10:30 a.m.: Resistance Training For Seniors<br/>1 p.m.: Bridge Group<br/>2:30 p.m.: Drawing and Painting<br/>6:30 p.m.: Spanish 2<br/>7 p.m.: Yoga</div>                                      | <div>21</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>1 p.m.: Fall Prevention<br/>12:30 p.m.: Vision Support Group<br/>1 – 2:45 p.m.: Blood Pressure Screening<br/>3 – 4 p.m.: Tea<br/>3 – 5 p.m.: Suburban Nurse Specialist</div>   | <div>22</div> <div>9:15 a.m.: Fit 4-Ever<br/>10:15 a.m.: Yiddish<br/>11 a.m.: Chair Exercise with Tonya<br/>1 p.m.: Health Insurance Counseling<br/>1 p.m.: Portraiture in Pencil and Pastel<br/>6:30 p.m.: Beginning Spanish<br/><b>7:30 p.m.: Concert: QuinTango</b></div>                                  | <div>23</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>11 a.m.: Still Life Painting<br/>11 a.m. – 4 p.m.: Village Playtime<br/>6 p.m.: Scrabble<br/>6:45 p.m.: Acrylic or Oil Painting<br/><b>7:30 p.m.: Book Signing with Aaron Miller: The Much Too Promised Land</b></div> | <div>24</div> <div>9:15 a.m.: Drop-in Tai Chi<br/>10 a.m. – 3 p.m.: AARP Safe Driving<br/>10:30 a.m.: Coffee and Current Events<br/>1 pm.: Bridge Group</div>   |
| <div>25</div> <div>8:15 a.m.: Walking Club</div> | <div>26</div> <div>9 a.m.: Yoga<br/>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>  | <div>27</div> <div>9:15 a.m.: Fit 4-Ever<br/><b>10 a.m. – 2 p.m.: MVA Bus</b><br/>10 a.m.: Great Books<br/>1 p.m.: Strength Training with Tonya<br/>10:30 a.m.: Resistance Training For Seniors<br/>1 p.m.: Bridge Group<br/>2:30 p.m.: Drawing and Painting<br/>6:30 p.m.: Spanish 2<br/>7 p.m.: Yoga</div> | <div>28</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>1 p.m.: Fall Prevention<br/>1 – 2:45 p.m.: Blood Pressure Screening<br/>3 – 4 p.m.: Tea<br/>3 – 5 p.m.: Suburban Nurse Specialist<br/><b>5 to 7 p.m.: Shred-It</b><br/>7 p.m.: Mat Pilates</div>   | <div>29</div> <div>9:15 a.m.: Fit 4-Ever<br/>10:15 a.m.: Yiddish<br/>11 a.m.: Chair Exercise with Tonya<br/>1 p.m.: Portraiture in Pencil and Pastel<br/><b>1 p.m.: Lecture on Nutrition: “Conscious Eating”</b><br/>6:30 p.m.: Beginning Spanish<br/><b>7:30 p.m.: Concert: Mendelssohn Piano Trio</b></div> | <div>30</div> <div>8:15 a.m.: Walking Club<br/>9:30 a.m.: Tai Chi<br/>11 a.m.: Still Life Painting<br/>11 a.m. – 4 p.m.: Village Playtime<br/>6 p.m.: Scrabble<br/>6:45 p.m.: Acrylic or Oil Painting<br/><b>7 p.m.: James Thurber on President Obama’s First 100 Days</b></div>             |   |

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Produce Market  
returns next month

Twin Springs Fruit Farm returns to the Village on Saturday, May 2. Look for details in the May *Village News*.







# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### **PORTRAITURE IN PENCIL AND PASTEL**

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins April 29. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70. (Maximum number of students is 8). Last class is June 3.

### **STILL LIFE PAINTING**

A 10-week course with noted artist Joan Samworth begins April 16. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is June 18.

## EXERCISE AND FITNESS

### **CHAIR EXERCISE WITH TONYA**

This 6-week class begins April 15. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for

people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62. Session ends May 20.

### **CHAIR YOGA AND MORE**

This 4-week series taught by Louisa Klein begins May 6. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well-being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$40. Ends May 27.

### **FALL PREVENTION**

This 6-week class begins April 7. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve overall balance. The cost is \$62. Session ends May 12.

### **MAT PILATES**

This 6-week session begins April 28. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail instructor Ginger Russell at [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com).

### **STRENGTH TRAINING WITH CHERYL**

This 6-week session begins April 10. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65. Session ends May 22 (class will not meet April 24).

### **TAI CHI (THURSDAY)**

This 6-week session begins April 9. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at [taijitaj7@gmail.com](mailto:taijitaj7@gmail.com) if you have any questions about this class. Session ends May 14.

### **TAI CHI (TUESDAY)**

This 6-week session begins April 14. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends May 19.

### **YOGA (SUNDAY)**

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins April 19. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$110. Class will not meet May 24. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends June 21.

## **YOGA (MONDAY)**

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins April 20. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$110. Class will not meet May 25. Students who must miss a class may make it up in the Sunday class. Session ends June 22.

## **LANGUAGE**

### **BEGINNING SPANISH (CONTINUED)**

This 8-week course begins April 22. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School.

For former students or with permission from the instructor. Class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$200. Session ends June 10.

### **SPANISH 2 (CONTINUED)**

This 8-week course begins April 20. For former students or with permission from the instructor, Elena Marra-Lopez. Class meets Mondays, from 6:30 to 8:30 p.m. The cost is \$210. Session ends June 15 (class will not meet May 25).

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

## **CONCERTS**

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

### **FHUN**

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at [www.fhun.net](http://www.fhun.net). This group is not affiliated with the Friendship Heights Village Council.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

## **OPEN BOOK PLAY READERS**

Meets the second Tuesday of each month. The group reads traditional and contemporary works. Participants are expected to act and direct both short sketches and one-act plays. Led by Marlene Harte and Lisa Kassoff. Please call Lisa at 301-907-2631 if you plan to attend a meeting.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6 p.m. All are welcome.

### **TEA TIME**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

### **VILLAGE PLAY TIME**

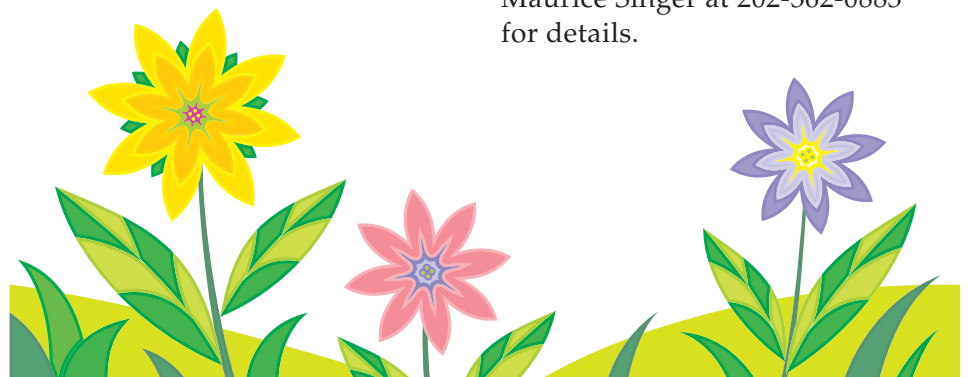
Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.



# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall in the Village Center. As a courtesy to our performers, before entering the auditorium, please turn off any cell phones or electronic devices. Please do not take reading materials in the auditorium. If you arrive late, please wait for a break in the performance before entering the concert hall.

**Wednesday, April 1 — Vocal Arts Society: Art Song Discovery Series** — The Art Song Discovery series goes into the neighborhoods of Washington, D.C., Virginia and Maryland to introduce families and other members of the community to the voice recital. This informal series of concerts features local artists and provides running commentary throughout. These programs are designed to make art song interesting and accessible to audiences that may otherwise not have the chance to attend a performance. The evening's program will include selections from Debussy, Chausson, Chaminade, Schubert, Rodrigo, A. Previn, Copland, V. Williams, Duke and Butterworth.

**Wednesday, April 8 — Mike Gillespie** — Jazz flutist Mike Gillespie has made a name for himself for his work behind the camera photographing musicians. When he exchanges his camera for a flute, the results are pure musical magic.

**Wednesday, April 15 — Robert Mitchell** — Striking in his military uniform, "Mitch" delivers a strong program drawing heavily on material from his 13 years in the U.S. Army band. He has performed in the world's only International Military Band based at Supreme Headquarters Allied Powers Europe (SHAPE) in addition to assignments in Korea and the U.S. He has performed for several U.S. presidents, various heads of states and other dignitaries all over the world. He has also delighted civilian audiences at Lincoln Center in New York City, the John F. Kennedy Center for the Performing Arts, and Wolf Trap Farm Park.

**Wednesday, April 22 — QuinTango** — QuinTango, a touring quintet of two violins, cello, bass and piano, brings a century's worth of tango repertoire to the concert stage with sizzling musicality and captivating narrative style. Winner of two consecutive WAMMIES, QuinTango is the only tango music group to have given a Command Performance at The White House. QuinTango has been heard on NPR's Morning Edition, CNN, and network television in both the USA and Costa Rica.

When QuinTango made their debut at Charleston's Pico-lo Spoleto Festival, Spoleto critic Robert Jones wrote exuberantly that "....their concerts packed the place and sent the customers home tango crazy." This year's review read, "The real news about this splendid group is that they're getting better all the time." QuinTango has also performed at both the 9th and 12th International Music Festivals in Costa Rica. Recent festival performances in this country include the Kennedy Center Open House Festival, Wolf Trap's Theatre-in-the-Woods Children's Festival and the Virginia Highlands Festival.

**Wednesday, April 29 — Mendelssohn Piano Trio** — In 1997, a group of talented young musicians formed a chamber music group under the tutelage of renowned artists Earl Carlyss and Ann Schein. They named the group after the 19th century composer and the Mendelssohn Piano Trio was born. The trio's extensive repertoire embraces works from all periods. Ensemble members are superb soloists in their own right, having enjoyed diversified music careers. Pianist Ya-Tin is from Taiwan; violinist Peter Sirotin is from Russia, and cellist, Fiona Thompson is from England. Currently Ensemble-in-Residence for Washington D.C.'s Embassy Concert Series, the Mendelssohn Piano Trio is rapidly emerging as one of the most exciting young ensembles on the national and international music scene.

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# TO YOUR HEALTH

## Oh, My Aching Back!

Does back pain limit your activity or make it less enjoyable? Join Suburban Hospital physiatrist, or rehabilitation physician, Dr. Ana Acevedo for a discussion about lower back pain and learn conservative approaches for care at this month's Suburban Health Lecture at the Village Center on **Wednesday, April 8, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



## Vision Support Group: The challenge of change

Vision loss, like other losses, presents new and different challenges to everyone. Change brought on by vision loss can alter coping skills – because those skills depend on vision! Join Nina Glasner, MSW and Assistant Professor, Johns Hopkins University, at the Vision Support Group on **April 21, at 12:30 pm.** Together we will find solutions to this puzzle.

Bring a bag lunch; dessert and beverages will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

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Wednesday, April 8 from 1:30-2:30 p.m. at the Village Center

Space is limited. Please RSVP by Tuesday, April 7 by calling (240) 314-4361.

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## Lunch and a show

Join us at the Village Center on **Friday, May 8, at 1 p.m.** for a delightful one-man show entitled "Here's Julius! A Groucho Marx Story" written by Daniel Mont, starring Bernie Cohen, and directed by Ed Starr.

For more than fifty years Groucho was a major force in the entertainment business. With and without his brothers he starred in vaudeville, radio, movies, and television. This play illuminates the private life of this most public celebrity.

Make an afternoon of it by coming **for lunch at 12 p.m.** Sandwiches will be provided by the Sandwich Lady. Choose a ham and cheese on bagel for \$2, a turkey and cheese on wheat bread for \$3, or a chicken salad sandwich combo (chicken salad on a roll plus green salad with ranch dressing) for \$3.50. Dessert and beverage are included. Please reserve for space for lunch by Monday, May 4.

## Tea and Talk: Frida Kahlo and Diego Rivera: Great romance in art

Art historian Joan Hart will present a lecture on Frida Kahlo and Diego Rivera at the Village Center on **Friday, April 17, at 1:30 p.m.** Kahlo and Rivera had one of the great love affairs in the art world. Only the power of their works of art matched the drama of their union. Ms. Hart will discuss Kahlo's unforgettable self-portraits and Rivera's monumental murals, as well as their passionate marriage.

Ms. Hart is Executive Director of Museum One, Inc., an arts outreach service that brings the cultural resources of the art museum into the community.

After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

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## A demonstration of conscious eating

Tokunboh Obasi, a professional wellness counselor, grew up in Kenya where she first learned about herbal medicine and the culinary arts. She will share her thoughts and experiences as a “conscious eater” – that is, eating according to the needs of one’s body – at the Village Center on **Wednesday, April 29, at 1 p.m.**

Tokunboh has learned and created recipes that please all ages. Most of her cooking is based on the foods she grew up with, ethnic fresh foods dressed in herbs and spices. She will demonstrate preparing several dishes at the Center: kale and collard greens with spicy peppers, an easy cous-cous dish, and Lemon Thyme Chicken.

Tokunboh is a graduate of the Herbal Medicine Masters of Science program at Tai Sophia Institute, a graduate school for the healing arts. She is a pharmacy technician with over 4 years experience and a wellness counselor who works as a medical herbalist, doula and educator. Please sign up for this talk and cooking demo by calling 301-656-2797.

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## Driver Safety Program at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums.

The new one-day course will be offered **Friday, April 24, from 10 a.m. to 3 p.m.** at the Village Center. The cost is now \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring to class with them their driver’s license and a ballpoint pen. Please register at the Village Center.

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# Village Council Corner

## Council Approves FY 2010 Village Budget

Following the second and final public hearing on the FY 2010 Village Budget on March 9, the Council unanimously approved the budget and tax rate. The tax rate will remain at 4 cents per \$100 assessed property value, maintaining the lowest rate allowed under our charter for the fourth year in a row.

While we are bracing for tougher times next year, we are pleased to be able to continue the services our residents have come to expect while keeping our taxes at the lowest possible level.

The budget is summarized below:

|                                |                    |
|--------------------------------|--------------------|
| <b>TOTAL REVENUES</b>          | <b>\$2,115,600</b> |
| <b>EXPENDITURES</b>            |                    |
| General Government             | 1,127,900          |
| Public Safety                  | 129,000            |
| Public Works                   | 516,200            |
| Health/Education/Social        | 27,000             |
| Recreation and Parks           | 315,500            |
| <b>TOTAL OPERATING EXPEND.</b> | <b>\$2,115,600</b> |
| Surplus/(Deficit)              | 0                  |
| <b>TOTAL EXPENDITURES</b>      | <b>\$2,115,600</b> |

## Shredding Truck Returns to Village Center

On **Tuesday, April 28, from 5 to 7 p.m.**, a truck from "Shred-it" will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service. Thanks again to Council Chairman Maurice Trebach for this suggestion.



## Senior SmarTrip® Cards on Community Day

Metro officials had a huge response when they came to the Center last month to offer Senior SmarTrip® cards and other transportation information. As a result they



will be available in the Center lobby on **Community Day, Monday, April 13, from 6:30 to 8 p.m.** Be sure to come up, have some barbeque, and purchase your card!

Other Council actions at the March 9 meeting:

- Approved fountain maintenance contract;
- Approved purchase of new computers for staff;
- Approved community service awards.



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

### Check out our website:

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**April 2009 events calendar**